

Instead ... let's think about ...

HEART
Your health & Well-being

CHANGING YOUR RESPECT FOR PEOPLE'S LIVES
Who you spend your time with

Where you spend your time

Let's think about ...

1. How are you feeling today?
2. How is your general health?
3. Are you eating ok all of the time?
4. Do you smoke anything?
5. Do you drink any alcohol?
6. Have you taken any medicine or other drugs?
7. Do you always feel safe?
8. Do you have any worries?

HEART
Your health & Well-being

Let's think about ...

1. Where do you live?
2. Who do you live with?
3. What are the rules like where you live?
4. Are you happy there?
5. Is where you are living always safe?
6. How are you sleeping?
7. Do you ever stay out overnight?
8. Where do you go to school/study/work?
9. How would you describe your attendance?
10. Do you need or get extra help with your learning?
11. Is there anything you'd like to change?

Where you spend your time
